



VERTIGO

Vertigo, or dizziness, is a symptom, not a disease. The term vertigo refers to the sensation of spinning or whirling that occurs as a result of a disturbance in balance (equilibrium). It also may be used to describe feelings of dizziness, lightheadedness, faintness, and unsteadiness. The sensation of movement is called subjective vertigo and the perception of movement in surrounding objects is called objective vertigo.

Some symptoms associated with vertigo are:

- Lightheadedness
- Imbalance
- Nausea and vomiting
- Blurred vision
- Headache
- Sensitivity to bright lights and noise
- Sweating

There can be a number of different causes for vertigo. These include:

- Benign paroxysmal positional vertigo (BPPV; most common peripheral disorder; may be accompanied by hearing loss, reduced cognitive function, and facial muscle weakness)
- Cogan's syndrome (inflammation of connective tissue in the cornea; results in vertigo, ringing in the ears, and loss of hearing)
- Ménière disease (fluctuating pressure of inner ear fluid results in severe vertigo, ringing in the ears, and progressive hearing loss)
- Certain medications or alcohol can cause temporary vertigo symptoms
- Cardiovascular diseases and systemic diseases
- Head trauma

Treatments for vertigo:

- Craniosacral treatment
- Positional/postural therapy
- Cervical spine mobilization and tissue release
- Balance and stabilization exercises